

THE SHAMANIC MEDICINE WHEEL

The Shamanic Medicine Wheel is a powerful tool used in many indigenous cultures for healing, personal growth, and spiritual development. It is a sacred circle that represents the interconnectedness of all things in the universe. It is a model that helps us to understand our place in the world and how we can live in harmony with nature and the cosmos, which reminds us that we need to balance all four aspects of our being – the spiritual, emotional, physical, and mental aspects. When we become out of balance, we experience disease.

When we use the Medicine Wheel in this manner we also explore what can be done to become re-balanced. The Native Indigenous Tribes also incorporate Father Sky, Mother Earth, and Spirit Tree—all of which symbolize dimensions of health and the cycles of life.



The Medicine Wheel is divided into four quadrants, each of which represents a different aspect of our being.

The east quadrant represents the mental aspect of our being and is associated with the element of air.

The south quadrant represents the emotional aspect of our being and is associated with the element of water.

The west quadrant represents the physical aspect of our being and is associated with the element of earth.

The north quadrant represents the spiritual aspect of our being and is associated with the element of fire.

Each quadrant is associated with different animals, plants, colors, and energies. By working with the Medicine Wheel, we can connect with these energies and learn how to balance and harmonize them within ourselves. This can lead to greater health, happiness, and well-being.

One of the most powerful uses of the Medicine Wheel is for healing. Shamans use the Medicine Wheel to diagnose and treat illness. They look at the different aspects of a person's being and determine where the imbalance is. For example, if someone is experiencing depression, the shaman might determine that the imbalance is in the south quadrant, which represents the emotional aspect of our being. They might prescribe a healing ceremony that involves working with water and the color blue, which are associated with the south quadrant.

The Medicine Wheel can also be used for personal growth and spiritual development. By working with the energies of each quadrant, we can learn how to develop different aspects of ourselves. For example, if we want to develop our intuition, we might work with the north quadrant, which is associated with the element of fire and the energy of the eagle. We might do a meditation where we visualize ourselves flying high above the earth, seeing things from a different perspective.

In addition to personal growth and healing, the Medicine Wheel can also be used for community building. Many indigenous cultures use the Medicine Wheel as a way of bringing people together and creating a sense of unity. The Medicine Wheel represents the interconnectedness of all things, and by working with it, we can learn how to live in harmony with each other and the natural world.

The Shamanic Medicine Wheel is a powerful tool that can be used for healing, personal growth, spiritual development, and community building. By working with the energies of each quadrant, we can learn how to balance and harmonize different aspects of our being.

We can also connect with the natural world and learn how to live in harmony with all things. The Medicine Wheel is a sacred circle that has been used for thousands of years by indigenous cultures around the world. It is a model that can help us to live more meaningful and fulfilling lives.

